

FARMERS ELECTRIC COOPERATIVE Open Lines

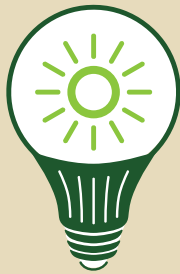
MONTHLY NEWSLETTER

FEBRUARY 2020

Energy Efficiency Tip of the Month

Are you using your wood burning fireplace efficiently?

Remember to turn down the thermostat when burning a fire and close the damper when a fire isn't burning. You can make it more energy efficient by using glass doors as well to limit the amount of room air sucked into the chimney. Glass doors also work well when a fire is burning down for the night and you must leave the damper open. Source: energy.gov.



Winter Driving Safety Tip

Know how to handle your vehicle in the event of a skid or a spinout by practicing techniques in a safe environment, like an empty parking lot. Every car responds differently, but becoming familiar with your car's handling can help you remain calm in the moment and navigate away from a much more serious accident.



Farmers Electric Cooperative, Inc.
A Touchstone Energy Cooperative
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ADVOCACY:

Board Members Welcome Back Legislators

Members of Farmers Electric Cooperative Board of Directors joined nearly 200 directors, managers and employees from electric cooperatives across Iowa to help welcome back Iowa's legislators for the 2020 Legislative Session.

Sponsored by the Iowa Association of Electric Cooperatives, in conjunction with the Iowa Biotechnology Association, the Iowa Institute of Cooperatives, the Iowa Communications Alliance and FUEL Iowa, the reception drew more than 80 state legislators Jan. 14. Guests of honor included Secretary of State Paul Pate, Iowa Utilities Board Member Nick Wagner, and Iowa Department of Revenue Director Kraig Paulsen.

The event provided Farmers Board members to meet one-on-one with legislators to discuss issues regarding electric cooperative's commitment to reliability, community and safety.

In the coming months, the Iowa General Assembly will address a multitude of issues,

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From left: Darrell Jensen; Garrett Thompson, Farmers Electric director of Finance & Accounting; Rep. Ray Sorensen; Mark Earhart; RoxAnn Rhoads; and Kris Petter.

Here's Looking at You



Farmers Electric Apprentice Linemen Chad Berrey and Connor Giles.



Have you connected with Farmers Electric Cooperative on Facebook yet? Your cooperative uses Facebook as a communication tool to help our member-consumers get to know us better. We also use it to let you know about outages and power restoration efforts, upcoming events and deadlines, where you can find us in the community and much more. Check it out today!

@FarmersElectricGreenfield



As times change, so do the ways people can contact us. Farmers Electric strives to provide our member-consumers with the best possible service, so it is sometimes necessary to update our records. Some reasons we may contact you include:

Planned outages: We like to notify members in the affected areas of any planned outages so they can properly prepare.

Service restoration: We may need to contact you for more information regarding an outage or service issue. Having correct contact information on file speeds up the power restoration process.

Billing matters: You will receive reminders if your bill is overdue or subject to disconnection. We may send reminders by mail, e-mail or call you on the phone.

Patronage checks: We want to make sure our member-consumers are given what they are owed when it's time to distribute patronage checks.

Other notices: The cooperative may contact you regarding important information about our services and programs.

Ways you can update your information:

- Log in to SmartHub and click "My Profile."
- Complete the form at right and mail or drop off to Farmers Electric Cooperative, 2389 Highway 92, Greenfield, IA 50849.
- Give us a call at (800) 397-4821 or send us an email to: farmers@farmersrec.com.

Update My Info

First & Last Name: _____

Account #: _____

Service Address: _____

What information are you updating?

New mailing address: _____

New phone number:
 Home: (____) _____
 Office: (____) _____
 Cell: (____) _____

New e-mail address: _____

Legislators...from pg. 1

including energy-related items central to Iowa's rural economy. Beginning with the Welcome Back Legislative Reception, electric co-op directors, managers and staff will again be important advocates for a balanced approach in addressing energy issues. Iowa's locally-owned rural electric cooperatives work hard to provide affordable, reliable, safe and environmentally responsible power to more than 650,000 Iowans every day.

Stay Safe Indoors During Winter

With most of us spending these cold February days inside, here are a few tips to make sure your indoor time is safe...and warm:

- Follow all manufacturer's instructions for operating a space heater or generator.
- Keep space heaters away from any flammable materials like curtains or blankets.
- Have your furnace annually inspected and serviced by a qualified technician.
- In case of a power outage, use flashlights or battery-powered lanterns rather than candles.
- Conserve heat as much as possible by closing off unneeded rooms, stuffing towels or rags in cracks or under doors, and avoiding opening windows or doors unnecessarily.
- If your pipes are prone to freezing, leave the tap open so it drips continuously. Open cabinet doors where pipes are located, and keep at least one gallon of fresh water on hand when cold temps are predicted.
- Avoid alcohol or caffeinated drinks that cause your body to lose heat faster. Instead, drink warm beverages or broth.
- Check on your elderly neighbors. Older adults often make less body heat because of slower metabolism and less physical activity.

We Love Our Community

With Valentine's Day approaching, I can't think of a better time to express how much I and the employees here at the co-op love this community and serving you, our member-consumers.

From the time we put on our shoes or lace up our boots in the morning until the time we kick them off at the end of the day, Farmers employees are entrenched in helping make the lives of our member-consumers better. That mindset also follows us beyond our daily duties as we focus on how we can benefit the communities in which we live and serve. We know it takes more than poles and power lines to make a community.

In our more than 80 years of existence, Farmers Electric has evolved right along with our member-consumers as technology in its many forms improved our lives. From early electric washers and dryers to today's smart technology, our promise then is the same as our promise now: to power the lives of our members by delivering safe, affordable and reliable electricity.

But beyond poles and wires, we show

support for our local youth by providing them opportunities to earn a scholarship for continued education or a once-in-a-lifetime trip to Washington, D.C., as part of the Electric Cooperative Youth Tour. We give back to our communities by distributing funds raised through Operation Round-Up to support nonprofit organizations or individuals/families recovering from unforeseen emergencies or disasters. We also encourage our member-consumers to participate in RECare, a program that helps qualifying member-consumers with their winter heating bills.

Over the decades, and because of you, we have been able to help those in need keep their lights on, their homes warm, and so much more. But we all benefit from these programs because of you and your neighbors. You empower Farmers Electric through your membership and through your participation in, and support of, these programs. By working together, I'm certain that we can continue to do good things for our communities.



CHARLIE DUNN
CEO

Apply Now for Youth Opportunities

by Holi Weston, director of Member Services & Communications

This time of year is always a busy one as we launch the application process for two youth opportunities: the all-expenses-paid Youth Tour trip to Washington, D.C., for high school juniors, and our annual scholarships for high school seniors.

More information about Youth Tour was provided in our January newsletter, and can also be found on our Web site, www.farmersrec.com. The deadline for initial applications is Friday, Feb. 21. This is a once-in-a-lifetime opportunity for a young person to experience the sites of Washington, D.C., meet with Iowa's

congressional delegation and learn more about the cooperative business model. The 2020 Youth Tour takes place June 18-25.

I couldn't be prouder when I witness the enrichment students receive from attending Youth Tour. As someone who chaperoned the event a few years ago, I can attest to the immersive experience the students have. Many of them rave about it long after the event is over, having made friendship connections both across the state and country. We invite our Youth Tour representative to speak during our annual

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Healthy eating doesn't have to be dull. You can have a delicious meal and still stay on track with your New Year's resolution. Remember that balancing your diet with physical activity and mental fitness are key to living a healthy lifestyle. So what are you waiting for?

Each month, Farmers Electric Cooperative places a call for recipes in various categories. Winners receive a \$5 credit on their account, with their recipes appearing in the next month's issue. Mail entries with your bill to: P.O. Box 330, Greenfield, IA 50849; or e-mail them to: HWeston@farmersrec.com.

MARCH RECIPES: SIMPLE SALADS

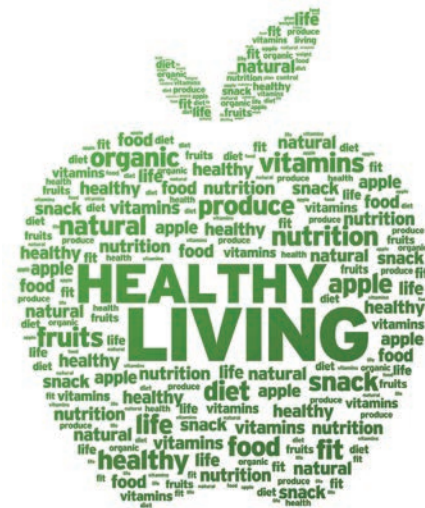
Youth Opportunities...from pg. 3

meeting in September. I encourage you to join us and listen to them retell their favorite moments.

Every year, Farmers Electric also offers scholarships to support area students who plan to continue their education beyond high school. The deadline for these applications is Wednesday, April 1. More information on the application process and timeline is also available on our Web site, www.farmersrec.com.

By sponsoring both Youth Tour and annual scholarships, our cooperative proudly demonstrates our "commitment to community," one of the founding principles of cooperatives everywhere.

If you know a high school student with a parent or guardian who is a member of Farmers Electric Cooperative, please encourage him or her to apply for one of these youth opportunities.



The Very Best Salisbury Steak

INGREDIENTS

- 10.5 oz. can Campbell's French onion soup
- 1.5 lb. hamburger
- 1/2 c. dry bread crumbs
- 1 egg
- 1/4 tsp. salt
- 1/8 tsp. black pepper, ground, to taste
- 1 T. all-purpose flour
- 1/4 c. ketchup
- 1 tsp. (up to 3) Worcestershire sauce, to taste
- 1/2 tsp. mustard powder
- 1/4 c. water

In a large bowl, combine 1/3 cup condensed French onion soup with uncooked hamburger, bread crumbs, egg, salt and black pepper. Shape into 6 oval patties. In a large skillet over medium-high heat, brown both sides of patties. Pour off excess fat. In a small bowl, blend flour and remaining soup until smooth. Mix in ketchup, water, Worcestershire sauce and mustard powder. Pour over meat in skillet. Cover, and cook for 20 minutes, stirring occasionally. Servings: 6; calories per serving: 332; calories from fat: 172 g (52% daily value); total fat 19.1 g (29%); saturated fat 7.1 g (35%); cholesterol 108.1 mg (36%); sodium 764.4 mg (31%); total carbohydrate 13.9 g (4%); protein 25.3 g (50%).



Slow Cooker Taco Soup

INGREDIENTS

- 1 lb. lean ground beef 93/7 or lean ground turkey
- 1 medium onion, diced
- 1 - 1 oz. packet low sodium ranch dressing mix
- 1 - 1 oz. packet low sodium taco seasoning
- 1 - 32 oz. box (low sodium) chicken broth
- 14.5 oz. can tomato sauce (low sodium)
- 2 - 14.5 oz. cans diced tomatoes with chiles
- 14.5 oz can black beans, drained (low sodium)
- 1 can corn, drained (low sodium)

Sauté onions for 2 minutes. Add ground beef cook thoroughly until no pink remains. Drain to remove excess fat. Place ground beef mixture into slow cooker and add all other ingredients. Set on high for 4 hours or low 6 hours. Garnish with sour cream and cheddar cheese. Servings: 10; serving size: 1 cup; calories per serving 249; sugar: 11 g; fat: 14 g; saturated fat: 1 g; carbohydrates: 25 g; fiber: 3.7 g; protein: 23 g.



Open Lines is a monthly publication of Farmers Electric Cooperative, Inc.

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The mission of Farmers Electric Cooperative, Inc., is to deliver safe, reliable, affordable electricity and other services to improve the quality of life within our communities. This institution is an equal opportunity provider and employer.